



2009 All-American Wrestling Camp

Mission Statement: The All-American Wrestling Camp is designed for wrestlers of all skill levels. From beginners to elite wrestlers, this camp will improve their skills both physically and mentally under our accredited staff.

Dates
<p>July 20th-24th Monday-Friday 8 a.m. to 12 p.m. @ Governor Mifflin High School (Any wrestler from kindergarten through 8th grade is welcome)</p>

All-American Staff
<p>Doc Vecchio Camp Director Penn State University NCAA Division 1 All-American Current Assistant Coach at Gov. Mifflin High School</p> <p>Nate Wachter 2X National Prep Champion for Germantown Academy Four Year Starter at Penn State University Former Assistant Coach at Drexel University Current Head Coach at Plymouth-Whitemarsh High School</p> <p>Kevin Maier (Reading High Grad.) 1998 State Champion @ 125lbs.</p> <p>Plus Mike Metzger, Mike McDermott, Ralph Voit and many more! Top local high school wrestlers will also be clinicians at the camp</p>

Daily Schedule
<p>Drop-Off: 7:15-8:00</p> <p>8:00-10:00 Session 1- Technique</p> <p>10:00-10:30 snack/games</p> <p>10:30-11:50 Session 2- Technique, drills, live wrestling</p> <p>11:50-12:00 Motivational Speeches</p> <p>Pick-up: 12:00-12:30 *Drop-off and Pick-up times are extended for the convenience of parents.</p>

How to Enroll in this camp?
<p>To enroll in A.A.W.C., you may pay cash or check for \$100. Please make checks payable to All-American Wrestling Camp. Full payment is due July 13, 2008. Walk-ins are welcome for \$110. The cost of this camp will include the camp, snacks, and a T-shirt.</p>

Application Form: Please detach and mail to:
All-American Wrestling Camp
405 Tremont Ave.
Reading, PA 19607

Name _____ Address _____ City _____ Zip _____
School _____ Grade _____
Please Circle one: **Elementary or Junior High**
T-Shirt size: Youth S, M, L Adult S, M, L, XL

Parents: Please read and sign: My child has permission to attend A.A.W.C. I have no knowledge of physical impairments that would affect my child's participation in the A.A.W.C. I acknowledge that at camp my child will participate in a sport that will involve physical contact of the body with other persons or objects, including the mat, where he may incur injury. I waive and release A.A.W.C., and its owners and staff from liability and claims for damages my child may sustain at camp as well as to and from camp. This camp is insured and will have a trainer on site every day.

Parents or Guardian's Signature _____ Phone # _____
Insurance Company _____ Policy # _____
Please list any medical problems: _____